

# GROUP TRAINING SCHEDULE

## DAYS/TIMES

## GPT CLASSES

## CONTACT INFO

### **Mondays**

12:00PM-12:45PM

TRX

TRISTA: 707.291.9287

4:30PM-5:30PM

TOTAL STRENGTH

TRISTA: 707.291.9287

### **Tuesdays**

10:00AM-10:45AM

TOTAL STRENGTH

TRISTA: 707.291.9287

11:00AM-12:00PM

ROCK THE HOLIDAYS

SARAH: 916.770.7939

4:30PM - 5:30PM

FIT 3D

PAUL: 707.696.0508

### **Wednesdays**

12:00PM-12:45PM

TRX

TRISTA: 707.291.9287

### **Thursdays**

10:00AM-10:30AM

BUTTS & GUTS

TRISTA: 707.291.9287

10:30AM-11:00AM

PRIVATE GROUP

CATHERINE: 707.291.5148

11:00AM-12:00PM

ROCK THE HOLIDAYS

SARAH: 916.770.7939

### **Fridays**

10:00AM-10:45AM

TOTAL STRENGTH

TRISTA: 707.291.9287

### **Saturdays**

8:45AM-9:45AM

HOLIDAY BOOTCAMP

TRISTA: 707.291.9287

11:00AM-12:00PM

SATURDAY STRENGTH

SARAH: 916.770.7939

GROUP PERSONAL TRAINING RATES APPLY